

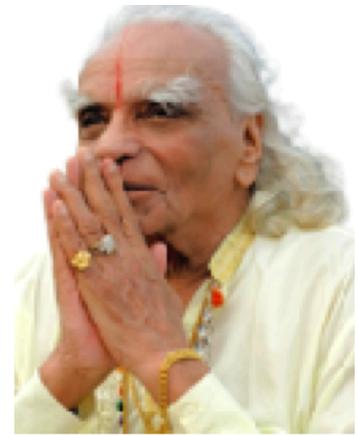
January 2026 Newsletter

Iyengar Yoga at the Center for Well-Being

Dedicated to the teachings of Yogacharya

Shri B.K.S. Iyengar

Yoga News is Good News!



Dear Friend in Yoga,

Yoga can be a powerful tool for sticking to New Year’s resolutions—whether your goals are physical, mental, or lifestyle-related. Yoga helps build mental discipline by strengthening focus and self-awareness. This makes it easier to catch old habits, stay intentional, and follow through on your goals.

Stress, which often derails resolutions, can lead to emotional eating, skipped workouts, procrastination, or burnout. Yoga activates the relaxation response, helping you stay calm and consistent. Yoga improves your overall health and energy - including strength, flexibility, balance, circulation, and sleep quality. Better health equals more motivation.

Additionally, Yoga teaches you to listen to your body and mind - translating into healthier eating, better decision-making, and patience. Being mindful helps keep you aligned and emotionally resilient. While setbacks are often a part of resolutions, Yoga helps you bounce back by regulating mood and self-compassion - so a “bad” day does not become a bad month.

Lastly, rather than setting vague resolutions, Yoga encourages reflection and intention-setting, helping you to choose goals that truly matter to you.

Join us for [Yoga at the CWB](#). We offer a wide variety of classes with qualified and dedicated teachers. You will find support and inspiration at the Center. [Click on this link](#) to see the **Center's Yoga schedule!**

Remember to check online before going to class to avoid a possible inconvenience. Occasionally circumstances are such that a class may be canceled.

IYNAUS Convention with Abhijata Iyengar - will be held in Philadelphia May 22 - 27, 2026! A wonderful opportunity to study directly with Gururji's grand daughter and head teacher at the RIMYI in Pune, as well as share the camaraderie of like minded practitioners. [Click here for more information](#). Registration is open!

Yoga for Strong Bones with **Kate Marshall-Chase** - a four class series emphasizing maintenance and improvement of bone density, muscle strength, balance and posture through Yoga. Each Sunday in February from 3 - 4:30PM. For additional information, [click here!](#)

January Spotlight - Lori Vogt - Longtime CWB yoga student!



1. *How long have you been practicing?* I have been practicing Yoga for over 25 years. My first experience was in a gym setting and it wasn't the best fit for me. I stumbled upon a new studio in my hometown which was started by one of Dean's students, Lori. She put me in a brief Sirsasana using the bricks and I was hooked and I never stopped. Each class she mentioned Dean and Rebecca at the CWB and it took me close to 3 years before I made "the trek" over the mountain to attend a Saturday class with Jean. I have been attending ever since.

2. *Your favorite pose?* I love standing poses, probably Ardha Chandrasana. When I experience the lightness in the pose, it makes me feel like I am floating gravity free in the universe. I am free, focused and in the moment!

3. *Most challenging pose?* Depends on the day, Backbends, mostly Urdhva Dhanurasana. I struggle with getting the lift I need to reach the full pose. It is frustrating and I tend to anticipate the outcome without remaining in the pose. It is self defeating and something I am striving to overcome.

4. *One tip to a new student - what would it be?* Make your Yoga, your own Yoga. It is a way to self discovery and have fun with it. Don't rely on your teachers to make it happen; they are there to guide you. You must study on your own. Take your Yoga with you everyday, every place in the world, on your mat, in your home, your workplace and all day long.

5. *Anything else you would like to add?* My greatest inspiration has been the elder students in all my classes such as Jerry and Wendy. It gives me confirmation that Yoga is for everyone no matter what chapter you are in your life. It gives me hope that my last decades in life will be filled with wisdom, contentment and joy. Namaste

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Thank you one and all for being a part of the Center!

We appreciate you!

A blessed and Happy New Year!

Love and namaste!

Dean and Rebecca



Kate, Brucie, Kelly, Jean, Dean, Rebecca, Briel & Amy (Center)